

SEXUAL ASSAULT HURTS US ALL

**BE THERE TO  
HELP SOMEONE**



**Protect Others. Speak Up.**

**HOW TO HELP A FRIEND:**

- Be aware of the signs of sexual assault and trauma
- Be supportive and listen – with ZERO judgment
- Remind them help is available and can be confidential
- Refer them to trained professionals at Safe Helpline

**safehelpline.org | 877-995-5247**

## **Connect** *and* **Find Support**



**Scan to Access  
Men's SAPR Campaign  
Video Resources**

Safe Helpline provides an anonymous, confidential, and secure place for support and access to military and civilian resources 24/7:

- **By phone**
- **Online chat**
- **Peer-to-peer Safe HelpRoom**

